CHF Nursing Care Plan

CHF Nursing Diagnosis	
Nursing Diagnosis 1: Decreased Cardiac Output	
Related to:	
Increased preload and afterload, impaired contractility due to chronic hypertension.	
As evidenced by:	
Irregular heartbeat, heart rate of 130 bpm, dyspnea upon exertion, and fatigue.	
Desired Outcome:	
Leo Thomas will maintain adequate cardiac output.	
CHF Nursing Interventions	**Rationales**
Assess Leo's vital signs and characteristics of heart beat at least every 4 hours. Assess breath sounds via auscultation. Observe for signs of decreasing peripheral tissue perfusion such as slow capillary refill, facial pallor, cyanosis, and cool, clammy skin.	To assist in creating an accurate diagnosis and monitor the effectiveness of medical treatment for Leo. Signs of decreasing peripheral tissue perfusion indicate a potential deterioration of his status.
Administer cardiac medications and diuretics to Leo as prescribed.	To alleviate the symptoms of heart failure and to treat the underlying condition, specifically targeting his hypertension.
Administer supplemental oxygen to Leo, as prescribed. Discontinue if SpO2 level is above the target range, or as ordered by the physician.	To increase the oxygen level and achieve an SpO2 value of at least 94%, ensuring adequate oxygenation for Leo.
Educate Leo on stress management, deep breathing exercises, and relaxation techniques.	Given the impact of stress on cardiac function, these techniques can help Leo manage his heart failure symptoms more effectively.

Nursing Diagnosis 2: Impaired Gas Exchange	
Related to:	
Alveolar edema due to elevated ventricular pressures.	
As evidenced by:	
Shortness of breath, SpO2 level of 88%, and crackles upon auscultation.	
Desired Outcome:	
Leo Thomas will have improved oxygenation and will not show any signs of respiratory distress.	
CHF Nursing Interventions	**Rationales**
Assess Leo's vital signs and characteristics of respirations at least every 4 hours.	To assist in creating an accurate diagnosis and monitor the effectiveness of medical treatment for Leo’s respiratory status.
Administer supplemental oxygen to Leo, as prescribed. Discontinue if SpO2 level is above the target range, or as ordered by the physician.	To improve Leo's oxygenation levels, aiming for an SpO2 value within the target of at least 94%.
Encourage small but frequent meals for Leo.	To avoid abdominal distention and diaphragm elevation, which could decrease lung capacity and exacerbate respiratory difficulties.
Elevate the head of Leo's bed and assist him to assume a semi-Fowler's position.	Elevation and semi-Fowler’s position can help improve lung expansion, enabling Leo to breathe more effectively.

Nursing Diagnosis 3:	
Related to:	
As evidenced by:	
Desired Outcome:	
CHF Nursing Interventions	**Rationales**